

Introduction to Mindful Eating



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Objectives

- Definition of Mindfulness
- Definition of Mindful Eating
- What Mindful Eating isn't!
- The benefits of practicing Mindful Eating
- How to bring Mindfulness to the table (i.e how to practice Mindful Eating)

Definition of Mindfulness

“Mindfulness is awareness that arises through paying attention, on purpose, in the present moment, non-judgementally”

- John Kabat-Zinn, founder of the MBSR Programme

The Heart of Mindful Eating



What is 'Mindful Eating'?

A way of using **all your senses** in choosing to eat food that is both *satisfying* and *nourishing* to **YOUR** body



Mindful Eating is...

A way of using **all your senses** in choosing to eat food
that is both *satisfying*
and *nourishing*
to **YOUR** body



When you practice Mindful Eating...

You are allowing yourself to become aware of the positive and nurturing opportunities that are available through food selection and preparation by

respecting your own inner wisdom.

Mindful Eating let's you...

Acknowledging responses to food (likes, dislikes or neutral)
without judgment.



Mindful Eating let's you...

*Becoming aware of physical hunger and satiety cues to guide
your decisions*

to begin and end eating.



Mindful Eating is NOT...

Mindful eating is sometimes co-opted as a weight loss strategy...

However it is **NOT a Diet.**

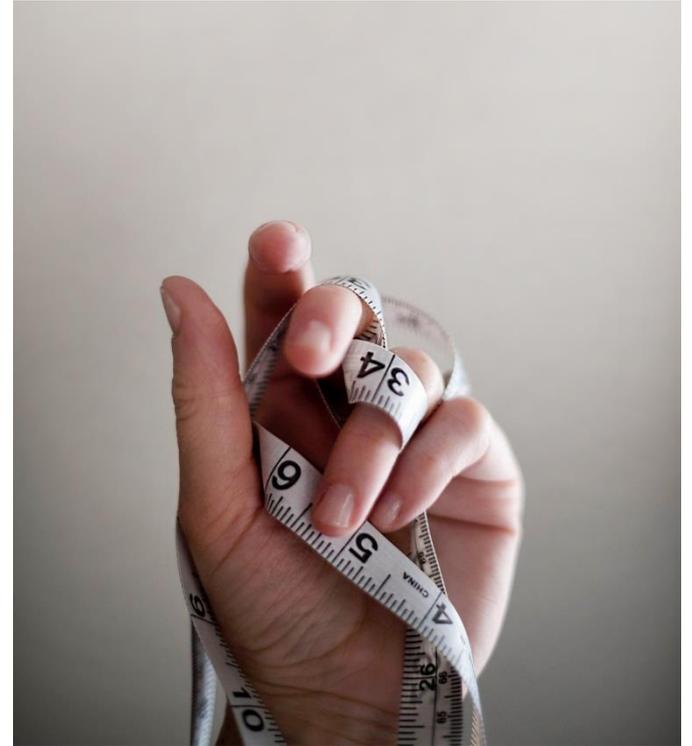
Mindful Eating is a way **to create a healthy dynamic relationship with food & eating**

and a way helping you to

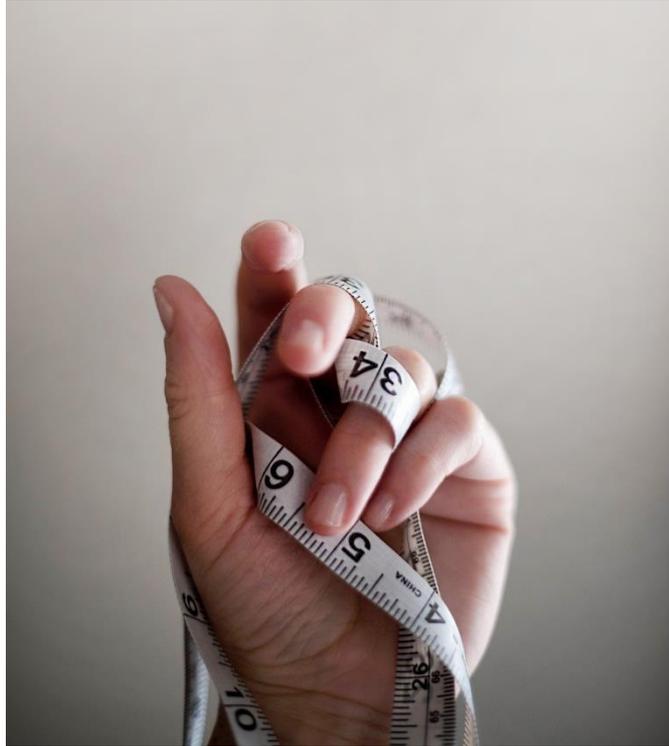
become the expert on YOU!

Diets and Dieting

- Self Criticism vs. Self Acceptance
- Black and White Thinking
- Judging our choices (as well as perhaps those of others')
- Judgment of bodies / appearance



Diets and Dieting



- Letting go of the message that Thin = Health
- We cannot make respectful choices from a place of judgment



A primary focus on weight is a diet!

We do not have an ethical way to help patients intentionally lose weight and keep it off.

This statement may chafe at many health professionals, however;

The key is understanding **INTENTIONAL weight loss by engaging in RESTRICTIVE EATING is unsustainable.**

Resources

The Center For Mindful Eating

www.thecenterformindfuleating.org

World Mindful Eating Month 2020

Join the FB group!

Is Mindful Eating & Intuitive Eating the same thing?

Mindful Eating is rooted in Mindfulness and Buddhist Psychology.

Intuitive Eating is based on 10 principles established by Evelyn Tribole & Elsyse Resh who wrote the book Intuitive Eating in the mid 90. (Now on its 4th Edition)

Both approaches aim to establish attuned eating, through increased interoceptive awareness and body trust



**Diets & dieting
doesn't work.
We need a
different approach.**

**It's time to nourish
the body
with a mindful
approach!**



A close-up photograph of a person's hand holding a green bowl filled with food, likely a salad or stir-fry. The person's forearm is visible, featuring a colorful tattoo of a bunch of red raspberries. The background is a dark, textured surface, possibly a table. A semi-transparent black box with a white border is overlaid on the image, containing the text.

Why practice Mindful Eating?

CEME



The Center for
MINDFUL EATING

Mindful Eating Makes Us

- **Less reactive**
- *More responsive*
- Less judging
- *More curious & compassionate*
- **More intune & responsive to our body's needs**

Food & Eating

Nutrition is science – Eating is behaviour



Mindful Eating

Can help us connect the dots...



A black and white photograph of a person's hands writing in a notebook. The person is wearing a t-shirt with a bicycle graphic and the text "No 100 Compromises". The notebook has some handwritten text on it, including "root of lead" and "100 moments - root of lead".

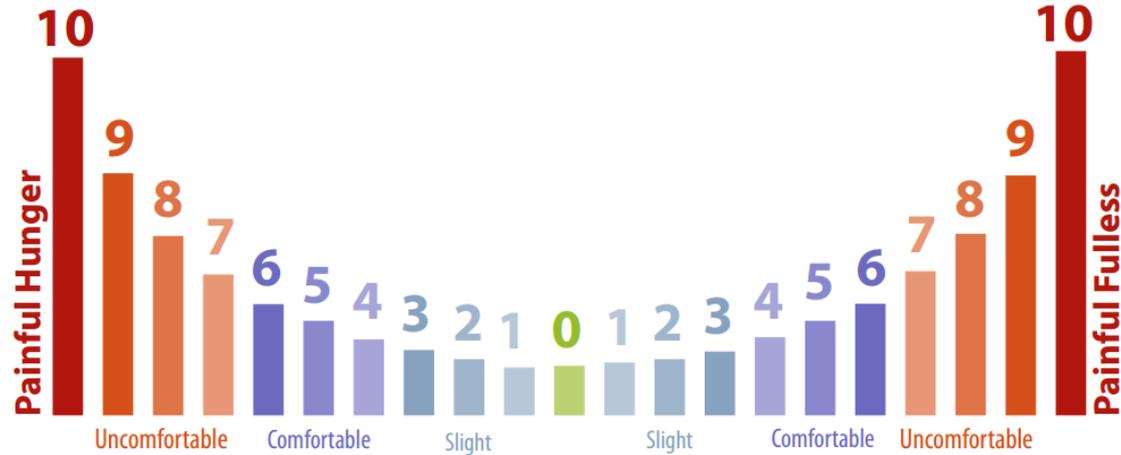
Cultivating Inner Wisdom & Outer Wisdom

Inner Wisdom

Learning to listen to our body's signals & cues like:

- Hunger
- Fullness
- Satiety
- Energy levels / Need for rest
- Emotional responses felt in the body

Hunger and Fullness Scale



Used with permission from Megrette Fletcher RD & Diabetes Educator

Outer Wisdom

Wise use of the knowlege we have of what brings positive health benefits

- Eating enough vegetables
- Getting enough protein
- Exercise – Movement
- Drinking enough water
- Rest - Sleep

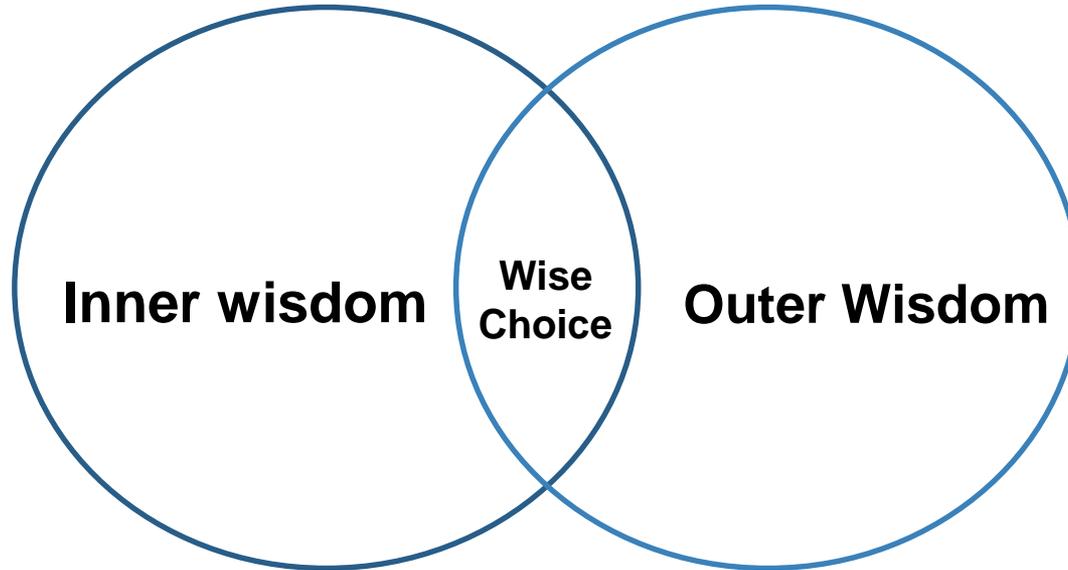
How do we connect Inner Wisdom & Outer Wisdom?



By cultivating awareness!



Making A Wise Choice - Attunement





With mindfulness, we don't just
slow down,
and create space for choice.

We also bring the **quality of attention** (or
attitude) of mindfulness to
our direct experience of eating
(and living!)



What do we need to bring to the table?



*A mindful
pause
creates
space for
choice*



A conscious pause to check-in with yourself;

- *What is going on right now?*
- *What thoughts, feelings and emotions are presents?*
- *What might serve me best in this moment?*
- *What do I really need?*

Mindful Choice

"A Self-critical desire to change comes from a place of **FEAR**

A Compassionate desire to change comes from a place of **CARE**"

- *Kristine Neff*

What place are you choosing from?

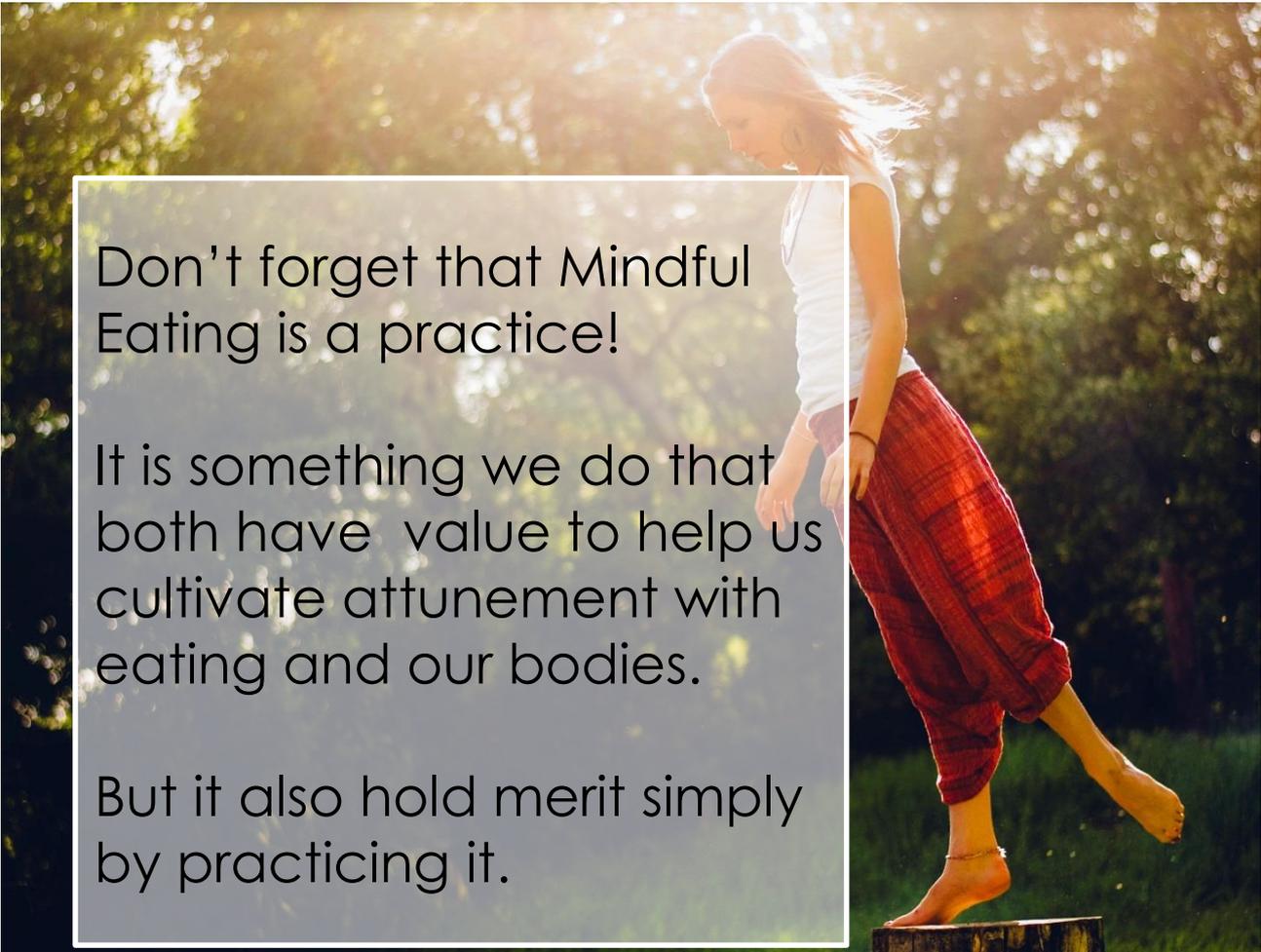
Cultivate Mindful Eating Through Curiosity



What do you notice when you...?

What might happen if you...?

What did you learn about...?

A woman with long blonde hair, wearing a white t-shirt and red plaid pants, is balancing on a wooden stump in a sunlit forest. She is looking down at the stump. The background is a lush green forest with sunlight filtering through the trees.

Don't forget that Mindful Eating is a practice!

It is something we do that both have value to help us cultivate attunement with eating and our bodies.

But it also hold merit simply by practicing it.



How mindful is your eating right now?



Thank You!

